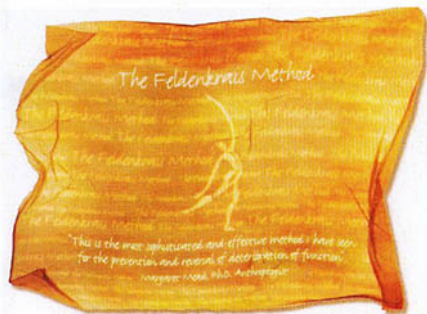


Getting Grounded Gracefully

A Program to Improve Balance
&
Reduce Falls in Older People



Robert Webb

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Getting Grounded Gracefully

A Program to Improve Balance
and Reduce Falls in Older People
2008

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|--|--------------------------------------|
| 1. Introduction | 9. Standing as Balancing |
| 2. Whole Body Turning | 10. Finding your Feet |
| 3. Transferring Weight | 11. Standing up from a Chair, Part 2 |
| 4. Activating Flexors in Sitting | 12. Walking along a Line |
| 5. Standing up from a Chair, Part 1 | 13. Walking on the Wall |
| 6. The Feet, the Ankles and the Ground
Waking up your Balance Sensors | 14. The Feet in Walking |
| 7. Standing Balance and the Pelvis | 15. Dancing with the Wall |
| 8. Introduction to Walking | 16. Graceful Walking |
| | 17. Driving from the Pelvis |

Archived Resource - 1 x Data CD in case